

GENERAL TIPS FOR HOME TREATMENT OF DRY EYES



EYELID WIPES
(No Rinse)
Ocusoft Plus Wipes
Ocusoft Allergy Tea Tree Wipes
Oust Extra Strength Wipes
Ocusoft Baby (large/soft) Wipes

Tip to save on Wipes

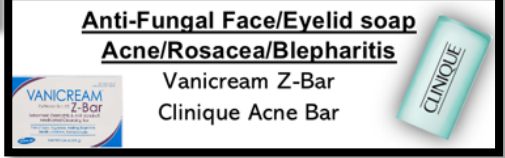
*Cut in 1/2, store 1/2 in packet, 1 side per eye, dispose after use

FOR DRY EYES, ROSACEA, & ALLERGIES:

- "EYELID SCRUBS" **NIGHTLY** (AND MORNING IF NEEDED)
- Use **Oil free** cleanser OR **No Rinse** extra strength Lid Scrubs
- Removes allergens, oils, & irritants
- Non-waterproof eye makeup & oil free remover (if applicable)



GENERAL FACE WASH
Ocusoft Original foam
Simple wipes
Dove Sensitive bar soap
Clinique bar soap



Anti-Fungal Face/Eyelid soap
Acne/Rosacea/Blepharitis
Vanicream Z-Bar
Clinique Acne Bar

WARM COMPRESSES (DRY EYE RELIEF)

→ **FAST METHOD- Shower/Sink warm washcloth**

- Use a **CLEAN** washcloth – soak in warm (not hot) water
- In the **shower** or over the **sink**
 - Place the washcloth over your eyes. Reheat & reapply for **3-5 minutes**
 - Stand under water with **washcloth** over eyes



→ **MOST EFFECTIVE METHOD- Moist Heat Mask**

- Use a **microwaveable dry eye mask** designed for moist heat
- Heat for 20-30 seconds (comfortably warm- not too hot)
 - **Dry Eye Moist Heat Compress**- \$20 AT OUR OFFICE
 - **Homemade warm compress**- fill a clean sock with rice
 - **Regular heating pad on top of a wet washcloth** (moist heat is best)
- Leave on for **10-15 minutes** for best results (you can massage over the mask)



BEDTIME TIP: Heat a compress **mask** & leave on when you fall asleep (protects from night dryness)



Adjunct Hot & Cold Therapy

Relief of Dry Eye, Sinus pressure, Itching, Redness, & Swelling

DROPS FOR EYE ALLERGIES

Over-The-Counter (OTC) ALLERGY DROPS

- OTC Alaway or Zaditor (Generic KETOTIFEN)
- OTC Pataday- used to be RX but went OTC

→ "Once daily" lasts 18-20 hrs, "Twice daily" lasts 12 hrs/dose

Instill 1 drop in each eye 1-2 x a day

Antihistamine drops for Itchy, allergy eyes



DROPS FOR DRY EYES

OTC ARTIFICIAL TEARS (preservative free, quality brand)



- Blink Tears
- Refresh Plus or Optive
- Systane/Theratears

Instill 1-2 drops in each eye

3-4 x a day or more if needed
(OTC drops do not last as long, use more often)
Preservative free vials can be re-used for 1-2 days if re-capped

DR. STRENGTH LUBRICANT (sold at Dr. office)



- Retaine MGD (mimics oil layer)
- Oasis Plus (long-lasting)

Instill 1-2 drops in each eye

as often as needed for moderate to severe dry eyes

- 💧 Preservative-free
- 💧 Superior moistening, lubrication & comfort
- 💧 Instant relief of symptoms

- 💧 Long-lasting, fewer applications required
- 💧 No blurred vision or foreign body sensation
- 💧 Disposable containers with twist off cap

GELS/OINTMENTS (for night-time dryness)



- Oasis Plus
- Systane or Genteal Gel
- Retaine PM ointment

Instill at bedtime

(+ optional sleep mask to protect overnight drying)

We can schedule a Medical follow up if symptoms worsen or are not controlled after following the tips on this page.

Text or Call our office to schedule
(medical insurance can be billed for this type of appt)

USE A HUMIDIFIER

This adds moisture back in the air when a heater is running. Just be sure to clean it & watch for mold!

STAY HYDRATED

So you can produce more tears

PROTECT EYES OUTSIDE

UV, wind/dust, & harsh weather irritate the eyes. Wear **wrap** eye protection, **sunglasses**, & a **hat/visor**

WORK ON CPAP FIT

A poor fitting CPAP blows air at the eyes. Get it **adjusted** &/or sleep with eye mask or ointment

REDUCE BLUE LIGHT

Blue light makes lights bright white. LED lights, bright room lights, & electronic devices increase blue light exposure & worsen dry eye symptoms. Wear **blue blocker glasses**, set devices on "**night setting**" & use a **filter** on the computer, choose **warm lights** & room light no brighter than the computer screen illumination. Minimize glare on the screen from lights & windows.

GET A GOOD NIGHT SLEEP

Eyes need 6-8 hours of uninterrupted sleep to recover from a long day.

SLEEP WITH EYE PROTECTION

Often the eyelids open slightly during certain stages of the sleep cycle. This causes irritation (especially when a fan is blowing). Use a **sleep mask** or gel drops.

REDUCE CONTACT LENS WEAR

Contact lenses exacerbate dry eyes. Some brands are designed to resist drying. The best plan is to **reduce wear time**, wear glasses more, use quality **rewetting drops**, & switch contact lens solutions.

TAKE "BLINK BREAKS"

When reading or using electronic devices, follow the "**20/20/20 RULE**" - for every 20 minutes of reading, take a 20 second break, look at something 20 feet away, & blink hard several times. If needed, instill lubricating drops.

CONSIDER MEDICATION SIDE EFFECTS & HEALTH

Diuretics, antihistamines, antidepressants, acne medications cause worsening of dry eyes. Overall health has an impact on your eyes. Eat **healthy (fish, colorful vegetables)**, take supplements (Omega-3, vitamin A, C, D, E) if deficient, exercise, manage allergies.